

**TRAINING AND TESTING  
SPECIFICATIONS FOR LEARNING DOMAIN #32  
LIFETIME FITNESS**

January 1, ~~2006~~ 2007

RBC	Other Basic Courses					Requal
	832	III	II	I	SIBC	
X				X	X	
X				X	X	
X				X	X	
X				X	X	
X				X	X	
X				X	X	
X				X	X	
X				X	X	
X				X	X	
X				X	X	
X				X	X	
X				X	X	
X				X	X	

I.

**LEARNING NEED**

Officers need to know how to apply methods for evaluating and managing their physical fitness for a healthy lifestyle necessary for safely and effectively performing peace officer duties.

**LEARNING OBJECTIVES**

A. Discuss the elements of a personal physical fitness program to include:

1. Cardiovascular
2. Muscular strength
3. Flexibility
4. Muscular endurance
5. Body composition

B. Discuss techniques for evaluating personal fitness in the areas of:

1. Cardiovascular endurance
2. Muscular strength
3. Muscular endurance
4. Flexibility
5. Body composition

C. Describe appropriate measures for improving an officer's performance within each of the five components of a personal fitness program

D. Discuss principles of physical conditioning, including:

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	832	III	II	I	SIBC	
X				X	X	
X				X	X	
X				X	X	
X				X	X	
X				X	X	
X				X	X	
X				X	X	
X				X	X	
X				X	X	
X				X	X	
X				X	X	
X				X	X	

1. Specificity

2. Frequency

3. Intensity

4. Duration/time

E. Describe components of a training session to include:

1. Warmup/stretching

2. Conditioning phase

3. Cool down/stretching

F. Explain the two types of training injuries and appropriate treatment for each

## II. LEARNING NEED

Peace officers must recognize that proper nutrition is critical to maintaining body composition, physical conditioning, and reducing their risk of illness or injury.

### LEARNING OBJECTIVES

A. Describe how to accomplish fitness goals using nutritional planning

## III. LEARNING NEED

Peace officers need to understand common health problems so they may use appropriate risk management techniques to ensure their health and physical fitness.

### LEARNING OBJECTIVES

A. Discuss illnesses or injuries commonly associated with law enforcement officers, including:

1. Cardiovascular disease

2. Lower back disorders

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	832	III	II	I	SIBC	
X				X	X	
X				X	X	
X				X	X	
X				X	X	
X				X	X	
X				X	X	
X				X	X	
X				X		
X				X		
X				X	X	
X				X	X	

3. Gastrointestinal disorders and disease

#### IV. LEARNING NEED

Peace officers must recognize the causes of stress and how to manage it effectively in order to protect their personal health and ensure their ability to perform their duties

#### LEARNING OBJECTIVES

A. Explain the signs and symptoms of elevated stress levels

B. Recognize that substance abuse is an inappropriate strategy for coping with physical and psychological stress

C. Describe the short and long term effects of abusing:

1. Alcohol
2. Tobacco
3. Caffeine
4. Prescription, nonprescription, and illegal drugs

D. Explain the techniques for stress management

#### V. REQUIRED TESTS

A. The POST-developed physical abilities test or an equivalent physical abilities test approved by POST.

#### VI. REQUIRED LEARNING ACTIVITIES

A. The student will participate in a structured POST-approved physical conditioning program.

B. The student will participate in a facilitated discussion, workbook assignment, computer-assisted training session, or equivalent learning activity, regarding health problems common to law enforcement officers and related risk reduction management techniques. At a minimum, the activity must address the following topic:

1. Common illnesses/injuries including cardiovascular disease, low back injury, gastrointestinal disorders, cancers and substance abuse

RBC	Other Basic Courses					Requal
	832	III	II	I	SIBC	
X X				X X	X X	
X  X X X				X  X X X	X  X X X	
X  X X X X				X  X X X X		

2. The short-term and long-term effects of using/abusing alcohol and tobacco
3. The essential elements of lifetime fitness including exercise, nutrition, stress management, drug avoidance and body composition management

C. The student will participate in a facilitated discussion, workbook assignment, computer-assisted training session or equivalent learning activity, regarding proper nutrition. At a minimum, the activity must address the following topics:

1. The relationship between the proportion of calories consumed from each food group and body composition
2. The nutritional characteristics of different foods (e.g., grains, legumes, meat, fish, dairy products) and the use of food selection in body composition management
3. The relationship between exercise and body composition management

D. The student will participate in a facilitated discussion, workbook assignment, computer-assisted training session or equivalent learning activity, regarding techniques used to evaluate physical fitness. At a minimum, the activity must address techniques for evaluating the following types of physical fitness components:

1. Cardiovascular endurance
2. Flexibility
3. Muscular strength
4. Muscular endurance
5. Body composition

RBC	Other Basic Courses					Requal
	832	III	II	I	SIBC	
X				X		
X				X		
X				X		
X				X		
X				X		
X				X		
<del>40</del> 44				<del>40</del> 44	4	

E. The student will participate in a facilitated discussion, workbook assignment, computer-assisted training session or equivalent learning activity, regarding the principles of physical conditioning. At a minimum, the activity must address the following principles and techniques for developing a personal physical fitness program:

1. The relationship between the different dimensions of physical fitness (i.e., cardiovascular endurance, flexibility, muscular strength, muscular endurance and body composition) and the physical conditioning activities that develop them
2. The basic principles of a physical conditioning program (e.g., progressive overload, specificity, frequency, intensity, duration/time) and an exercise session (e.g., warmup/stretch, conditioning phase, cool down/stretch)
3. Calculating the aerobic heart rate training zone
4. The components of an effective cardiovascular training program
5. The components of an effective strength training program
6. Evaluation and treatment of training injuries

#### VII. HOURLY REQUIREMENTS

Students shall be provided with a minimum number of instructional hours on lifetime fitness.

#### VIII. ORIGINATION DATE

January 1, 2001

#### IX. REVISION DATE

January 1, 2004  
January 1, 2006  
January 1, 2007